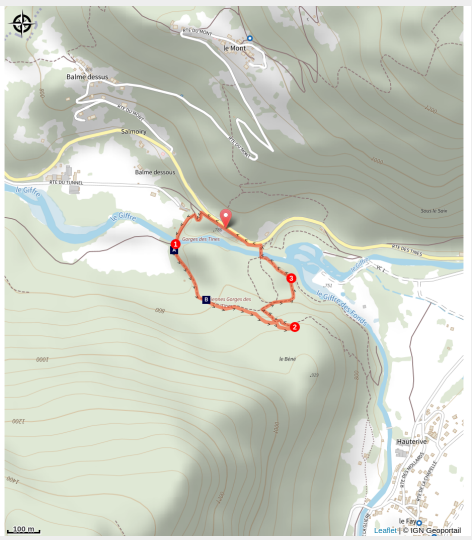
Les Gorges de Tines

CC des Montagnes du Giffre - Sixt-Fer-à-Cheval

Gorge de Tines, passage échelle (@julietteBuret)



A veritable parade of limestone rocks, leading from one layer to another at the centre of the mineral landscape of this protected site.

While the second part of the route appears to be well-trodden by humans, it still offers magnificent views of the peaks and the nature reserve!

Useful information

Practice : Summer hike

Duration : 30 min

Length : 1.4 km

Trek ascent : 167 m

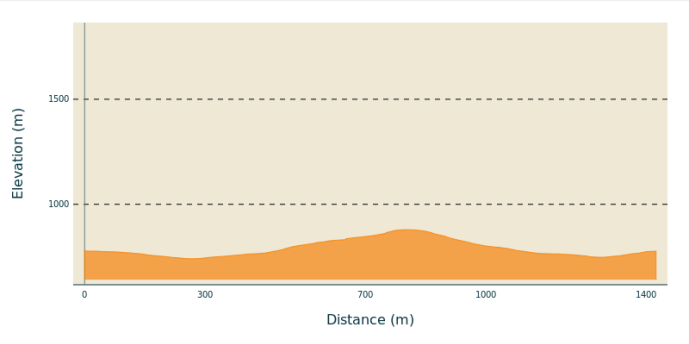
Difficulty : Easy

Type : Boucle

Trek

Departure : Des Tines' Parking, Sixt-Fer-à-Cheval
Arrival : Des Tines' Parking, Sixt-Fer-à-Cheval
Cities : 1. Sixt-Fer-à-Cheval

Altimetric profile



Min elevation 741 m Max elevation 879 m

From the car park, leave the refreshment stall behind you and follow the road towards Samoëns. Descend towards the ‘Anciennes Gorges de Tines’ and cross the Giffre. Once you have passed the ladder and climbed back up to ‘Dessus de Tines’, you begin the descent towards ‘Les Tines Parking’, keeping to the left. Climb back up to the footbridge and cross it to reach the car park.

On your path...

How can you tell the difference between moss, lichen and ferns? (A)

Water hard at work (B)

All useful information

Animaux acceptés

Votre chien est autorisé dans cette zone d'espace naturel. Il est conseillé de le tenir en laisse. À l'approche d'un troupeau, il est obligatoire de lui mettre une laisse. Par sa présence, son odeur et ses déjections, votre chien peut perturber la biodiversité. Sa divagation dans la nature peut avoir des conséquences lourdes pour la faune sauvage et les troupeaux (transmission de germes, stress de la faune sauvage, destruction des couvées au sol). Les chiens sont interdits en cœur de parcs nationaux et dans la plupart des réserves naturelles.

Advices

Ladders and ropes: be careful in wet weather as these passages can be slippery. Always be careful and plan ahead when hiking. Asters CEN-74 cannot be held responsible for any accident or inconvenience that may occur on this route. Check the weather conditions before setting off. Mountain Rescue contact details: call 112

How to come ?

Transports

Advised parking

Des tines' parking in Sixt-fer-à-Cheval

On your path...

How can you tell the difference between moss, lichen and ferns? (A)

What a pleasure it is to be able to spend time in the forest! The benefits of this rich ecosystem need no further demonstration. Here, you'll start your walk in the heart of a rather cool forest dominated by beech trees, with large limestone boulders and lapies alongside mosses, ferns and lichens. While mosses are pioneer species of wetlands from the earliest days of evolution, lichens (generally dry in nature) are characterised by their exceptional symbiosis: the fusion of fungi and algae. Ferns, on the other hand, are vascular plants, meaning that their tissues are actively transporting water and nutrients, such as sap, from the ground to the tips of their leaves and vice versa. The maidenhair spleenwort (see photo) is a fern

Attribution : @carolineGehant

Water hard at work (B)

Since the dawn of time, water has interfered with, shaped, polished and eroded rocks and landscapes, carving a deep path through the limestone. Thousands of years ago, the Giffre river carved out the gorges that you walk through today; subsequently, as the glaciers eroded, the river bed gradually shifted northwards, lower down into the gorges that we know today. What's more, at the point where the riverbed was rerouted, the glacial riegel is clearly visible if you take a closer look at the minerals around you! Can you see this glacial riegel, marked by the convergence of the left and right banks of the Giffre further down the walk?

Attribution : @carolineGehant